

CLASS TIMETABLE - Starting January 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:30 - 7:15 BOOTCAMP NICK	6:30 - 7:15 TRX JODIE				
	09:30 - 10:15 GYM FIT TALANA		09:15 - 10:00 HIIT TALANA	9:30 - 10:15 BODY TONE TALANA	10:30 - 11:00 SPIN RACHEL	09:30 - 10:15 CIRCUITS TALANA
11:00 - 11:30 SPIN RHIANNON	10:30 - 11:15 CIRCUITS TALANA		10:00 - 10:45 GYM FIT TALANA	10:30 - 11:15 GYM FIT TALANA	11:00 - 11:30 SPIN RACHAEL	
11:30 - 12:00 SPIN RHIANNON		11:00 - 11:45 TRX JODIE				
12:00 - 12:45 GYM FIT RHIANNON						
	14:00- 14:45 BOOTCAMP NICK		14:00 - 14:45 BOOTCAMP NICK			
18:00 - 18:45 BOOTCAMP NICK	18:00 - 18:45 BOXERCISE RHIANNON	18:00 - 18:45 SPIN PAUL	18:30 - 19:15 SPIN JODIE			
	18:45 - 19:30 SPIN RHIANNON					